

STRESS

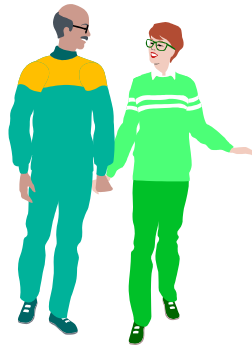
ACCORDING TO THE U.S. DEPARTMENT OF LABOR, THE WORKPLACE IS THE GREATEST SINGLE SOURCE OF **STRESS**, NO MATTER WHAT YOU DO OR HOW MUCH YOU EARN. IN THE USA, JOB-RELATED STRESS ALONE IS ESTIMATED TO COST IN EXCESS OF \$200 BILLION EACH YEAR.

STRESS CAN AFFECT THE WAY WE CONDUCT OUR LIVES. **STRESS** TRIGGERS FATIGUE, TENSION & ANXIETY.

STRESS LOWERS THE BODY'S IMMUNE RESPONSE. **STRESS** CAN LEAD TO HIGH BLOOD PRESSURE & STROKES.

STRESS CAUSERS: EVERYDAY LIVING, ARGUMENTATIVE PEOPLE, WORKFLOW AND/OR LOAD, PHYSICAL AND/OR MENTAL HEALTH AND NOT ENOUGH TIME IN A DAY.

GET STRESS OUT OF YOUR SYSTEM THROUGH “**PHYSICAL EXERCISE**, **YOGA** OR A **MASSAGE**”.



WALK AWAY FROM STRESS

WALKING IS EASY, SAFE AND INEXPENSIVE. **WALKING** IS AEROBIC AND BURNS CALORIES.

WALKING CONDITIONS THE HEART AND IMPROVES MUSCLE TONE. **WALKING** RELIEVES STRESS.

STRESS BUSTERS: PROPER EXERCISE AND NUTRITION, LAUGHTER, BREATHING, CHANGE OF SCENERY, CHANGE OF WORK POSITION, TAKE A BREAK AND GET PLENTY OF REST.

SPRING INTO ACTION, JOIN YOUR CO-WORKERS DURING PUBLIC HEALTH WEEK, APRIL 5TH – 9TH AND BEGIN TO WALK STRESS OUT OF YOUR LIFE.